



VERDURE
WELLNESS CLINIC

CORPORATE
WELLNESS
SEMINARS

OPTIMIZING EMPLOYEE
HEALTH & PRODUCTIVITY



ABOUT VERDURE

MISSION STATEMENT

Verdure Wellness Clinic offers natural health solutions, using an evidence-informed, and integrated healthcare team approach to address the body and mind, which allows clients to access their higher health, and growth!

PHILOSOPHY

At Verdure it is our mission to inform, advocate, and educate our clients and patients about the root causes and health challenges they're facing.

Our team of health and wellness professionals offer high-quality healthcare and wellness services.

We believe in a holistic approach, which means addressing both the physical and mental-emotional aspects of health.

At Verdure believe that every person that comes through our clinic doors is unique, and, thus, deserves a healthcare and wellness plan that is catered to their specific individual needs.

WELLNESS IS PRODUCTIVITY



WHY WELLNESS MATTERS

your employee's health and wellness directly impacts their attendance, performance and productivity.

It also affects team cohesiveness and communication.

WHAT WE OFFER

Our practitioners offer a variety of seminars to suit your employees needs. We empower them with the knowledge and motivation to build a sustainable healthy lifestyle that works for them.

With specializations ranging from cognitive health, metabolism, gut health, hormones and autoimmune diseases our practitioners have a diverse knowledge base.

We strive to make our seminars not only informative but engaging and interactive.

Audience participation is highly encouraged. Practitioners often provide handouts and worksheets or PDF downloads for employees to take home.

Knowledge translation is important: we educate in a way that empowers; without using jargon we help your employees understand the science and root causes of common health concerns.

Seminar participants leave with actionable strategies they can start implementing to attain optimal wellness and productivity in the workplace.

meet our team

Dr. Kristin Spark, ND

naturopathic doctor, clinic owner

Dr. Kristin Spark, is a Naturopathic Doctor with a special interest in treating digestive and hormonal health conditions. Dr. Spark loves seeing her patients succeed and she loves to work with active and motivated individuals ready for change.

She believes in finding root causes of conditions, and offering evidence-informed treatment options.

Education is a passion of Kristin's, and she strives to help all her patients understand their body, and move beyond their obstacles.

Dr. Kristin completed her naturopathic medicine training at The Canadian College of Naturopathic Medicine (CCNM) in 2016. She is a licensed member of the College of Naturopaths of Ontario. Dr. Kristin ND also has additionally passed the prescribing examination for NDs which allows her to prescribe bio-identical hormone therapy, offer vitamin B12 injections, as well as other restricted treatments. Dr. Kristin completed a Hon. BSc with a double major in Physiology and Psychology from The University of Western Ontario.



Seminars offered

Understanding Your Stress Response - Signs, Symptoms, and Strategies

Stress significantly impacts productivity, emotional health, and physical health. Learn more about the stages and phases of the stress response, and start to build healthy habits to reduce stress in your life. Learn how diet, supplements and lifestyle changes all play a role.

Ditching Diets - Trends, Truths and Misconceptions

Dr. Spark reviews the most common fad diets and their pitfalls. What research tells us about diets, why weight loss is a by product of genetics and environmental factors. She also touches on intuitive eating and the basic principles behind listening to your body.



SERVICES



NATUROPATHY

- NATUROPATHY MEDICINE
- Clinical medicine
 - Functional nutrition
 - Botanical medicine
 - Functional testing
 - Acupuncture
 - B12 injections
 - Bioidentical hormone replacement therapy

NUTRITION CONSULTING

- Assessment
- Nutrient deficiencies and food sensitivities
- Meal plans
- Education & coaching,
- Allergen- friendly recipes
- Accountability
- Managing chronic conditions

meet our team



Melanie Thomas

Registered Nutritional Consulting Practitioner
(RNCP)

Melanie Thomas is an experienced Certified Nutritional Practitioner specializing in digestive health including food sensitivities, autoimmune diseases, and chronic illness.

Using an approach that couples functional nutrition training with biofeedback, iris analysis and having honed her skills at interpreting symptoms as part of a holistic picture, Melanie is well equipped to use a variety of tools and knowledge to identifying obstacles to individual wellness then set a plan to remove them with a wide variety of clients.

Melanie continues to upgrade her skills with continuing education including nutrition and mental health, hormones and endocrinology, clinical detoxification and understanding lab diagnostics.



Seminars offered

The ABC's of Getting Your Zzz

Insomnia is no joke; poor sleep negatively impacts performance, mental health and energy, not to mention, increases your risk for chronic disease.

It also reduces your ability to deal with stressors. Melanie will cover the difference between sleep deprivation and insomnia, why sleep matters as well as simple actionable steps to take to get a good night's sleep. Wake up energized, focused and motivated to start your day.

Solving the Thyroid Puzzle: focus & fatigue solutions

If your thyroid is in a slump, so are you. Your thyroid regulates many systems in the body and has a direct impact on brain function, energy and mood. Melanie will cover signs and symptoms of thyroid dysfunction and share simple dietary and lifestyle habits you can implement to support your thyroid in order to boost your mood, energy and cognitive performance.



SERVICES



MASSAGE THERAPY

- Offered by RMT only
- Direct billing may apply
- Deep tissue massage
- Therapy to address pain and prevention

CHIROPRACTIC

- Assessment and examination
- Xray interpretation and ordering
- Addresses many health concerns such as neck pain, TMJ, headaches
- Prenatal and paediatric additional qualifications

meet our team



Holly Bradich

registered nutritionist, BSc, RNCP

Holly Bradich is a registered nutritionist with a special interest in digestive health and the gut-brain connection.

With degrees in psychology and nutrition, Holly takes a science-based approach and prioritizes mental health first, using the science of the gut-brain connection.

Holly uses functional testing to discover the root causes of her clients health concerns so she can create custom science-based protocols that get results.

Holly is passionate about ditching diet culture for mindful eating, and stresses the importance of tuning into & honouring your body's needs for rest and nourishment.



Seminars offered

Gut-Brain Power & Productivity

Digestive health directly impacts your employees focus, productivity and mental wellness. In this seminar Holly discusses the gut brain connection and simple strategies to optimize digestive health in order to sharpen focus, memory, mood and productivity.

Eating For Energy

You are what you eat, but more importantly, what you absorb. Impaired digestion and gut inflammation contributes to fatigue due to blood sugar imbalances and nutrient deficiencies. Discover the root causes of chronic fatigue and simple strategies for all day energy without relying on caffeine.



SERVICES

COUNSELLING

- Talk therapy
- Somatic therapy
- Cognitive behavioural therapy
- Compassionate and confidential
- Mental-emotional support

DISPENSARY & TESTING

- Professional line supplements
- Herbal tinctures and teas
- Customized formulas
- Online ordering and delivery for clients
- Routine blood testing
- Functional medicine testing

meet our team



Taryn Guzik

Certified Nutritional Practitioner.
RNCP, ROHP, BA

Taryn specializes in women's health, working with her clients to regulate their hormones to achieve more energy, success, and balance.

Taryn graduated with First Class Honours from the Institute of Holistic Nutrition, receiving the designation of Certified Nutritional Practitioner (CNP), and is a member of the International Organization of Nutritional Consultants (IONC) with the designation RNCP/ROHP.

Taryn also graduated on the Dean's Honour Roll with a Bachelor of Arts in Therapeutic Recreation from the University of Waterloo.

After her personal struggles with hormonal imbalances, Taryn found a passion for helping busy women balance their hormones using food, natural supplements and movement.



Seminars offered

Healing Headaches for Productivity

Chronic headaches and migraines result in more sick days and significantly reduce employee productivity. Fortunately there is a lot that can be done to prevent headaches and improve employee wellness and performance. Taryn Guzik will discuss: common causes of headaches including blood sugar imbalances, nutrient deficiencies, tension and stress. You'll learn how to prevent and eliminate headaches with nutrition, supplements and lifestyle changes.

The Cortisol Connection: Chronic Stress & Fatigue

Chronic stress impacts our stress hormones including cortisol; a hormone that has strong influence over the whole body. Our bodies have a daily cortisol rhythm that allows for energy, focus and stamina. When chronic stress causes cortisol dysregulation we end up with chronic fatigue, aches and pains and get sick more frequently. Taryn will discuss the role of cortisol, how stress affects cortisol levels and can contribute to chronic fatigue and reduced cognitive function. You'll learn simple diet, supplement and lifestyle strategies to reduce stress, sleep better and have all day energy.

AVAILABLE FOR FALL/WINTER 2020

If you're interested in having one of our practitioners host a virtual wellness session, please connect with us by emailing hello@verdurewellnessclinic.com

We look forward to working with you.

LEARN MORE ABOUT VERDURE

VISIT OUR WEBSITE

